

Always Good Companion
As work or play, a cup of delicious delicious coffee is a cheering, invigorating treat. And to enjoy it, you need a cup of Always Good Companion Coffee.

Always Good Companion Coffee
It's the richest, most delicious coffee you can buy.

The Effect of Strikes

THE CLIPPING EFFECT OF STRIKES on Canada's industrial life and on the success of the reconstruction program have been felt in many places. Shortages of materials resulting from such stoppages have ranged from nails to trucks, and from men's shirts to soap and glass. As long as critical shortages exist it is clearly in the interest of consumers to maintain price ceilings and other war-time measures. It is also in the interest of the country to maintain a high level of production of necessary articles as long as the country is in a state of emergency.

Decline Seen In Industry

The full effect of strikes on the life of the Canadian people was pointed out in a column dated in the *Canadian Press* on October 10, 1918. It was pointed out that the strike of the *Canadian Press* on October 10, 1918, was a serious blow to the country. It was pointed out that the strike of the *Canadian Press* on October 10, 1918, was a serious blow to the country. It was pointed out that the strike of the *Canadian Press* on October 10, 1918, was a serious blow to the country.

Interests Of Many Affected

In solving the problems which have arisen as a result of the strike, it is pointed out that the interests of many are affected. It is pointed out that the interests of many are affected. It is pointed out that the interests of many are affected. It is pointed out that the interests of many are affected. It is pointed out that the interests of many are affected.

FAST-SURE HEADACHE CURE
This is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need.

GEMS OF THOUGHT

MEET
True merit, like a river, the deeper it is, the less noise it makes. It is the less noise it makes. It is the less noise it makes. It is the less noise it makes. It is the less noise it makes.

As plants take hold, not only they grow, but they also die. They grow, but they also die. They grow, but they also die. They grow, but they also die. They grow, but they also die.

"The world more frequently knows the appearance of merit, than merit itself."—Rochefort.
How was, without the merit, it is the merit itself.—Hind.

Consequences of right-doing bring it on you reward; but not the merit itself in merit men and appreciated by lookers-on.—Aldrich.

THAT'S WHAT SHE THOUGHT
Seldom has such profound back knowledge been exhibited as was revealed recently of a woman who thought it a bank and asked "Oh, how is it?" "I tell the one you met yesterday," she said. "However, I don't know whether it is a bank or not, but I am sure it is a bank."—Hind.

Alexander the Great was born in Macedonia, in Europe, died in Babylon, in Asia, and was buried in Egypt.

Ladies Learn
Beauty Culture
The Scientific Way
This is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need.

RAV FEELS
At present prices on Vancouver market, the RAV feels that it is a good time to buy. It is a good time to buy. It is a good time to buy. It is a good time to buy. It is a good time to buy.

SCIENTIFIC BEAUTY SCHOOL
This is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need.

RAV FEELS
At present prices on Vancouver market, the RAV feels that it is a good time to buy. It is a good time to buy. It is a good time to buy. It is a good time to buy. It is a good time to buy.

SCIENTIFIC BEAUTY SCHOOL
This is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need.

RAV FEELS
At present prices on Vancouver market, the RAV feels that it is a good time to buy. It is a good time to buy. It is a good time to buy. It is a good time to buy. It is a good time to buy.

SCIENTIFIC BEAUTY SCHOOL
This is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need. It is the only one you need.

Price Control And Rationing Information

Q—How the price of prunes has increased?

A—The Wartime Prices and Trade Board has announced a four per cent increase per pound in the retail price of prunes. This is the first increase since the recent uncontrolled prices in the United States, the Board said.

Q—How much sugar-pineapples will be in the market this year?

A—There will be three sugar-pineapples per pineapple in the market this year. This is the first increase since the recent uncontrolled prices in the United States, the Board said.

Q—It is possible for a civilian to produce a suit without a priority out certificate?

A—After October 30 no priority out certificates are issued for the purchase of civilian's suits. The certificates issued previous to October 30 will be honored until the end of December, and after that date the out-certificate and civilian will stand on equal terms with those of the military.

Q—I am planning on selling my rationed goods. Is it possible to sell them without a priority out certificate?

A—Any change in the out-certificate is a matter for the Board. The Board will be pleased to consider any suggestion for a change in the out-certificate. The Board will be pleased to consider any suggestion for a change in the out-certificate.

Love—Most Valued Gift Of Parents

Professor Of Psychology Gives Analysis Of Children's Needs

The most valuable thing parents can give their children is love. This is the most valuable thing parents can give their children. This is the most valuable thing parents can give their children. This is the most valuable thing parents can give their children.

Prehistoric Animal

Robert Presnal Paal Launch Theory

BERKELEY, Cal., Oct. 30.—Thirty-million-year-old prehistoric fossil animal, the *Archaeopteryx lithographica*, is the subject of a new theory by Robert Presnal Paal, a paleontologist in the University of California.

Used Century Ago

Brownie Chambers To Be Installed In British House Of Commons

London, Oct. 30.—The House of Commons will be the first to use the Brownie Chambers, a new type of camera which has been developed by the British government.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

Each Year The Hop Indians of Northwestern Arizona stage their annual "Sun Dance," a religious and social festival.

Each year the Hop Indians of Northwestern Arizona stage their annual "Sun Dance," a religious and social festival. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

CANADIAN EGGS BECOMING HEAVIER

Thanks To Experts In The Poultry Business

The story of the humble Canadian egg—the eating kind—is gradually being changed. Thanks to the poultry experts, the egg you eat is becoming heavier.

BACKACHE

The Plague of Outdoor Men

The outdoor man, whether he be a farmer, hunter, or soldier, is often afflicted with backache. This is the most valuable thing parents can give their children.

Dr. Chase's Kidney Pills

Unfolds Weird Story

German Woman Tells Of The Days Of Hitler. This is the most valuable thing parents can give their children.

Just One Advantage

There Will Run Any Buter Can Run Down. This is the most valuable thing parents can give their children.

Ceiling Remains

Price Of Turkey Still Controlled By Prices Officials Announce. This is the most valuable thing parents can give their children.

Clutter Britain

Barbed Wire One Of Country's Greatest Problems. This is the most valuable thing parents can give their children.

Forest Conservation

Is Of Greater Importance Than Picking Potatoes On Lumber. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

Unfolds Weird Story

German Woman Tells Of The Days Of Hitler. This is the most valuable thing parents can give their children.

Just One Advantage

There Will Run Any Buter Can Run Down. This is the most valuable thing parents can give their children.

Ceiling Remains

Price Of Turkey Still Controlled By Prices Officials Announce. This is the most valuable thing parents can give their children.

Clutter Britain

Barbed Wire One Of Country's Greatest Problems. This is the most valuable thing parents can give their children.

Forest Conservation

Is Of Greater Importance Than Picking Potatoes On Lumber. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

Unfolds Weird Story

German Woman Tells Of The Days Of Hitler. This is the most valuable thing parents can give their children.

Just One Advantage

There Will Run Any Buter Can Run Down. This is the most valuable thing parents can give their children.

Ceiling Remains

Price Of Turkey Still Controlled By Prices Officials Announce. This is the most valuable thing parents can give their children.

Clutter Britain

Barbed Wire One Of Country's Greatest Problems. This is the most valuable thing parents can give their children.

Forest Conservation

Is Of Greater Importance Than Picking Potatoes On Lumber. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

THE HEART AT FORTY

White life may "begin at forty," medical science knows that, after that age, more people die of heart disease than at any other single age. This is the most valuable thing parents can give their children.

HELP HUNGRY WORLD BY EATING MORE POTATOES

No Need To Worry
About Your Wastefulness

Canada has an excellent potato crop this year. Potatoes compare well with wheat as a source of low-cost energy. They can be a good source of food for the hungry.

Since we will need a hungry world as much as we can spare of our beautiful wheat crop, let's try to make the most of it available, and support by substituting potatoes for bread and cereal products wherever possible.

Incidentally, the potato itself is not fattening. A medium-sized potato contains about 100 calories—no more than to apply to a hamburger. It has less than half the calories of a medium slice of pie or of other fat spread on the potato that puts up the calories! At present prices, more food value is obtained per unit cost from potatoes than from any other food.

Proper storage conditions are essential for keeping potatoes, whether large quantities are stored for winter use or small amounts are bought as needed. They should be stored well before starting and any tubers showing signs of decay removed. Potatoes should be stored in the dark, kept cool, surrounded with good ventilation and sorted over periodically for decay. A storage temperature of 38-50 F. is recommended.

Money saving and nutritive value, as well as their general popularity, give potatoes a prominent place among vegetables.

In 1942 the 190 lbs. of potatoes consumed by the average Canadian amounted for approximately one meal.

PARIS—Potatoes are in demand. The fact that this is one of the most valuable crops in the world is one of the reasons that it should be taken to preserve it. Potatoes also make valuable contributions to food and the B vitamins (thiamine and riboflavin) and Canada's food rules call for at least one serving daily.

As a true of other vegetables, potatoes should be prepared just before cooking. Standing in water causes considerable loss of nutrients. Vitamins and minerals are concentrated near the skin, so that the best food value is obtained when potatoes are peeled and eaten in their skins.

If peeled, a sharp knife and careful handling will minimize waste. It is well to avoid heavy leftovers, as cooked vegetables quickly lose attractiveness and nutritive value on standing. But if leftovers do occur, interesting uses of them should be made as promptly as possible.

Potatoes can fit into any meal of the day. They lend themselves to a variety of cooking methods, and in fact can be given to children by serving the food in which they are served, e.g., baked, scalloped, or creamed. Baked, steamed, creamed, or fried, as long as they are properly prepared, they are safe for baby. For better cooking, use plenty of good quality, good grade potatoes around the rest; use only good or light cream when whipping mashed potatoes.

Still Shrewd Judge

Winthrop Churchill Knows Action and Reaction in Public Life

The following article from "London Calling" by Winthrop Churchill, a Canadian-born writer who has been a resident of London since 1939, is a shrewd judge of the British situation. He is still the shrewd judge of the British situation.

For example, when he proposed an American alliance in the first few months, everyone was shocked. The Americans regarded it as a Russian demand and the British as a demand for aid. It was just plain nonsense and that he ought to grow up.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Tugboat Adrift 11 Days: At Sea—Lone Occupant Unfrid



Adrift 11 days during a wild Atlantic storm, Kenneth Lohness, 23, of Lonsburg, N.S., was rescued after being 20 miles. He was steering a tug here in Lunenburg at sea.

Black Market

Paris Is Being Throated By Market Backsters

PARIS—Potatoes are in demand. The fact that this is one of the most valuable crops in the world is one of the reasons that it should be taken to preserve it. Potatoes also make valuable contributions to food and the B vitamins (thiamine and riboflavin) and Canada's food rules call for at least one serving daily.

As a true of other vegetables, potatoes should be prepared just before cooking. Standing in water causes considerable loss of nutrients. Vitamins and minerals are concentrated near the skin, so that the best food value is obtained when potatoes are peeled and eaten in their skins.

If peeled, a sharp knife and careful handling will minimize waste. It is well to avoid heavy leftovers, as cooked vegetables quickly lose attractiveness and nutritive value on standing. But if leftovers do occur, interesting uses of them should be made as promptly as possible.

Potatoes can fit into any meal of the day. They lend themselves to a variety of cooking methods, and in fact can be given to children by serving the food in which they are served, e.g., baked, scalloped, or creamed. Baked, steamed, creamed, or fried, as long as they are properly prepared, they are safe for baby. For better cooking, use plenty of good quality, good grade potatoes around the rest; use only good or light cream when whipping mashed potatoes.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Black Market

Paris Is Being Throated By Market Backsters

PARIS—Potatoes are in demand. The fact that this is one of the most valuable crops in the world is one of the reasons that it should be taken to preserve it. Potatoes also make valuable contributions to food and the B vitamins (thiamine and riboflavin) and Canada's food rules call for at least one serving daily.

As a true of other vegetables, potatoes should be prepared just before cooking. Standing in water causes considerable loss of nutrients. Vitamins and minerals are concentrated near the skin, so that the best food value is obtained when potatoes are peeled and eaten in their skins.

If peeled, a sharp knife and careful handling will minimize waste. It is well to avoid heavy leftovers, as cooked vegetables quickly lose attractiveness and nutritive value on standing. But if leftovers do occur, interesting uses of them should be made as promptly as possible.

Potatoes can fit into any meal of the day. They lend themselves to a variety of cooking methods, and in fact can be given to children by serving the food in which they are served, e.g., baked, scalloped, or creamed. Baked, steamed, creamed, or fried, as long as they are properly prepared, they are safe for baby. For better cooking, use plenty of good quality, good grade potatoes around the rest; use only good or light cream when whipping mashed potatoes.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Black Market

Paris Is Being Throated By Market Backsters

PARIS—Potatoes are in demand. The fact that this is one of the most valuable crops in the world is one of the reasons that it should be taken to preserve it. Potatoes also make valuable contributions to food and the B vitamins (thiamine and riboflavin) and Canada's food rules call for at least one serving daily.

As a true of other vegetables, potatoes should be prepared just before cooking. Standing in water causes considerable loss of nutrients. Vitamins and minerals are concentrated near the skin, so that the best food value is obtained when potatoes are peeled and eaten in their skins.

If peeled, a sharp knife and careful handling will minimize waste. It is well to avoid heavy leftovers, as cooked vegetables quickly lose attractiveness and nutritive value on standing. But if leftovers do occur, interesting uses of them should be made as promptly as possible.

Potatoes can fit into any meal of the day. They lend themselves to a variety of cooking methods, and in fact can be given to children by serving the food in which they are served, e.g., baked, scalloped, or creamed. Baked, steamed, creamed, or fried, as long as they are properly prepared, they are safe for baby. For better cooking, use plenty of good quality, good grade potatoes around the rest; use only good or light cream when whipping mashed potatoes.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Black Market

Paris Is Being Throated By Market Backsters

PARIS—Potatoes are in demand. The fact that this is one of the most valuable crops in the world is one of the reasons that it should be taken to preserve it. Potatoes also make valuable contributions to food and the B vitamins (thiamine and riboflavin) and Canada's food rules call for at least one serving daily.

As a true of other vegetables, potatoes should be prepared just before cooking. Standing in water causes considerable loss of nutrients. Vitamins and minerals are concentrated near the skin, so that the best food value is obtained when potatoes are peeled and eaten in their skins.

If peeled, a sharp knife and careful handling will minimize waste. It is well to avoid heavy leftovers, as cooked vegetables quickly lose attractiveness and nutritive value on standing. But if leftovers do occur, interesting uses of them should be made as promptly as possible.

Potatoes can fit into any meal of the day. They lend themselves to a variety of cooking methods, and in fact can be given to children by serving the food in which they are served, e.g., baked, scalloped, or creamed. Baked, steamed, creamed, or fried, as long as they are properly prepared, they are safe for baby. For better cooking, use plenty of good quality, good grade potatoes around the rest; use only good or light cream when whipping mashed potatoes.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

Churchill was not perturbed. "You have to tell people," he said, "to expect their minds." He knew what was going on in the world, and he knew that the Americans would not be so easily won.

NEW CITIZEN ARMY TO BE BRITAIN'S FIRST DEFENCE LINE

Territorial Army To Have Assured Formations After Airborne Division

Britain's Territorial Army, to be reconstituted on the 1st of January, will have assured formations and an airborne division. The Secretary of State for War, Mr. Beller, declared its defensive role in the House of Commons, said that in any event, the immediate threat would be from the air, and that the commitment of anti-aircraft artillery would fall on the Territorial Army.

The Territorial Army would also provide the units needed by the Regular Army to convert. It is a properly planned force ready for battle. It would also fall on the Territorial Army to provide the second line to the Regular Army, which is a mainstay of the Army could appear in a war. This will entail the provision not only of an infantry division but an assured formation, an airborne division and the necessary supporting corps and army troops. The main responsibility of the Territorial Army will be to the primary defence of the country against air attack and the whole organization will be stepped up in line with modern warfare.

The permanent staff must necessarily be larger than before, but when the Territorial Army was completely a voluntary citizen army, it was not so well equipped two per cent. The whole of the army, which is Beller, said that the Commanders would be of the best material personally from the men who served in the war that has just ended. The Territorial Army will be a citizen army, as a result of compulsory training, the Territorial Army will contain a large compulsory element which will be in the line by the summer of 1950.

The administration will continue to be in the hands of the Territorial Associations and in view of the fact that the Territorial Army will be a citizen army, the Territorial Associations will include a large number of civilian members of all types of local government, trade unions, employers' associations and local education authorities.

Hopes For White Bread
Homeless Of Else Look For Early Improvement In Quality

EDMONTON, Jan. 26.—Homeless, however, are hopeful that there will be an early improvement in the quality of the bread. Bread in Edmonton is made from 60 per cent. extraction flour, a large proportion of which is milled from home grown grain. The flour is not really suitable for a high extraction.

The problem is that enough Manitoba wheat is not available, and as far as it is available, it is not of the quality that is needed. A reliable estimate of the quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

Added to this, there may be a loss of 50,000 tons because of the war. The quantity of home grown grain that has been got from the present harvest cannot be made. Because of the shortage, there may be a loss of 50,000 tons because of the war.

